

Decipher The Flowers

Rules

1. Throw the dice
2. Step on the flower according to the number of the dice
3. You have **2 options** – you **accept it** or **refuse it** – if you refuse you get 0 points
4. If you accept the flower – you have the option to **give it** to 'someone' or **take it** for yourself
5. Think of someone/yourself & write on the chosen card (GIVE/TAKE) a mental health or a cause/reason of it that relates to the flower's symbol
6. The 'rarest' mental health terminology or 'cause' (e.g., bullying) gets 10 points
7. Similar mental health terminologies or 'causes' get 5 points
8. The player that reaches 100 points is the winner

NOTE – The jury are the players and will decide whether the answer is worthy of 10 points or 5 points (according in how unique it is)

NOTE – If you already covered a flower, throw the dice again to land up in a still-non-covered flower

NOTE – The purpose of TAKE/GIVE cards' purpose is to help you think of someone/yourself (they are inspirational cards)

NOTE – To make the game more challenging, you may put a timer!

SCENARIOS –

- 1) If you land on the Calendula (grief) for example, and you write 'heartbreak' and other 2 players write 'bereavement' – you get 10 points because your 'cause/reason' is NOT like the other players

However, if the 4th player writes 'job loss', also he/she gets 10 points

So, the board score at this point is:

YOU	2 nd player	3 rd player	4 th player
Heartbreak 10	Bereavement 5	Bereavement 5	Job loss 10

- 2) If you land on the Pansy (virtue), and - this time - you want to write a mental health terminology, you could write 'Asperger's syndrome'

(MANY children with autism can do things as children without autism and they may display talents).

Look at the board score

YOU	2 nd player	3 rd player	4 th player
Asperger Syndrome 10	Jealousy 10	OCD 10	Refused 0

You may be unsure with 'Jealousy' – hence you players are the jury and decide whether he/she gets some points.

I decided to give him/her points because he/she may defend it by saying 'people may be jealous of a virtue of a person and this may cause anger or low-self-esteem in another person'.

People with OCD may be keen in doing ritual acts – some TV programmes have shown cases where they helped to clean a public area.

The 4th person simply "refused the flower" and therefore he/she got 0 points.

You can think about, for example –

- Anorexia nervosa
- Anxiety
- Armed forces
- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorder
- Bipolar disorder
- Black, Asian and minority ethnic (BAME) communities
- Bulimia nervosa
- Children and young people's mental health (bullying)
- Cognitive behavioural therapy (CBT)
- Crisis care
- Debt
- Dementia
- Depression
- Diet
- Digital mental health
- Drugs
- Eating disorder
- Friendship
- Gambling
- Hearing voices
- Housing
- Human rights



- Long-term physical conditions
- Mealtimes
- Medications
- Men
- Mental capacity
- Later life
- Literacy
- Mindfulness
- Mindfulness-based cognitive therapy (MBCT)
- Mindfulness-based stress reduction (MBSR)
- Obsessive compulsive disorder (OCD)
- Panic attack
- Parents
- Parity of esteem
- Peer support
- Personality disorder
- Pets
- Physical activity
- Post-traumatic stress disorder (PTSD)
- Postnatal depression
- Prevention
- Psychosis
- Recovery
- Schizophrenia
- Seasonal affective disorder (SAD)
- Self-harm
- Self-management
- Sleep
- Smoking
- Stigma and discrimination
- Stress
- Suicide
- Talking therapies
- Talking to your GP
- Welfare
- Women
- Work-life
- Etc.

Have Fun!

